



“The Ammonite”

January 2018

I hope you all enjoy this month's newsletter and please keep sending me your contributions big and small, to Karin Divall karincalliafas@btinternet.com by February 26th for the March newsletter.

History in the making!

Tom Evans is the first LewesAC athlete ever to win the senior men's Sussex Cross Country County title. Here he gives us his view of his historic race.....



“There was a strong Lewes team at the Sussex XC Championships at Bexhill. Many of the athletes had run the course earlier in the season, but this was to be a different kettle of fish. After all the rain we had in December, Bexhill was going to be a mud bath! I raced in the Champs in 2017 and have done a bit of XC since then, however, I have mainly been focussing on longer distances.

The race started fast with a pack of 3 at the front, including myself. After the first couple of laps, the group was down to two. I really like racing in challenging conditions. For me, the mud just added extra complexity and difficulty, something that I thrive on. On the final lap I was able to open up my stride slightly and pulled away from James Westlake, a very strong Crawley runner. This was a huge surprise to me as I had had a huge week of training and my legs were feeling the effects of a 110 + mile week. I am really happy to be the first Lewes AC athlete to win the XC Championships. I am currently in Lanzarote doing some warm weather training in the build up to TCC Costa Rica, a 230km race across Costa Rica. I will be racing the Southern XC Champs, the Nationals and the Inter Counties. I am really looking forward to 2018 as I transition from the British Army into full time athletics.”

At Bexhill we had a really strong club turn-out with 80 athletes competing across all the age groups in the **Sussex County Champs**. As well as Tom Evan's individual gold medal, Barney Hastings in the under 11s won a silver medal, our under 13 girls won bronze, our senior women's team won gold thus retaining their County title from last year, with a silver medal for the under 20 men, and a bronze for the senior men.

Also during January we had the **Southern Cross Country Champs** at Stanmer Park. Unfortunately, injury and lack of fitness meant we were missing some of our leading athletes so didn't manage to field any teams, but very well done Rachael Phelps who came in 92nd senior woman in 35.40, Tom Evans who flew in from Lanzarote and came in 12th in 42.50, Chris Gilbert was in 216th place in 51.59, and Ruby Whyte-Wilding was 16th U20 women in 24.56.

We also hosted our first **East Sussex Cross Country** race at Blackcap. It was a great success and was held in perfect conditions- the sun even shone for us, with over 30 volunteers supporting David Foster who did a fantastic job in arranging this new event. And with 44 runners, we won the fixture by over 500 points! Well done to everyone involved.

It was a Silver medal for Barney Hastings, and a bronze for the under 13 girls; Freya Hinds, Charlotte Sida and Beatrice Ingles at Bexhill. Also pictured below the under 13 boys and girl teams



From our youngest runners to our oldest, as we move to the results of the **Sussex County Cross Country Masters Champs**, where on the muddiest course I have ever run at Lancing, the V40 Men won silver (Chris Gilbert, Andrew McLennan, Robert Cooper, Robbie James), the V50 men won bronze (Colin Bennett, Jonathan Burrell, Dominic Osman-Allu), whilst the V35 Women's Team were 4th (missing out on a bronze by just 3 points); Emma Rollings, Sarah Godley, Katherine Emery. Oh and well done to me! I got a gold in the VW55 group.

(Photo on left; women's masters' teams)

LewesAC relies hugely on an army of volunteers working hard behind the scenes...here are two requests for help- we couldn't continue as a successful club with such a wide range of events without fantastic support.

Would you be interested in becoming an Official for Lewes AC?

All clubs have to provide officials to assist at track and field meetings. This can entail recording times and distances, making judgements and ensuring safety measures are followed.

Sussex Athletics have now arranged an officials' course at **Lewes Athletics Track on Sunday 18th March.**

Courses are divided into Track Judging, Timekeeping and Field Judging. There are also courses for Starters and Marksman if you're interested!

The workshop runs from 10.00am till 4.00pm and covers both theory and practical sessions as well as a Health and Safety section.

The course is open to anyone aged 14 or above, so if you are unable to commit maybe you have an older child who would be interested in adding this to their CV.

If you can be of assistance, please email me back before the 16th Feb and I can forward more details.

With thanks, Sally Brown

sally@ian-brown.net

And our second request is for help at the very popular (nearly 1000 runners last year) Easter Bank holiday fun runs. Max gives some more detail on what you could do to help.

Easter Fun Runs - 2 April 2018



This year's Easter Fun Runs are being held on Easter Monday, 2 April.

The event is one of the most important events in the Lewes AC calendar, with more than 900 runners taking part in three races: the 800m Toddlers' Trot, the one mile and the 10km, the latter being part of the West Sussex Fun Run League series.

The success of the event is entirely down to the work of a large number of volunteers, who give up their time each year to help organise and run the day. We hope that we can get as many club members/parents of junior members as possible to help again this year.

Jobs that need doing are:

1. Marshalls/course sweeper
2. Marking out the course/setting up the start and finish areas
3. Helping to set up registration and getting everything ready before runners start arriving
4. Car parking marshals
5. Registration desk helpers
6. Timekeepers/funnel marshals
7. Results team
8. Water team at the finish
9. Refreshments - both people to help run the stall and also for donations of cakes, biscuits, sandwiches etc.

10. Tidying up at the end.

We appreciate that some of you will want to run the 10k, but there is plenty to do in advance of the race (and afterward), which will still give you time to warm up and achieve that PB!

If you can help, please email Max Soudain maxsoudain@gmail.com as soon as possible, so he can allocate tasks.

As Easter approaches we look forward to our annual trip to France- I have very fond memories of sitting on the grass in the warm sunshine tucking into a picnic feast (and a glass of fizz) having just finished my race. Jeremy organises this trip and he is keen to spread the word.

French trip 6-8 (9th) April 2018 Loire Valley

Our annual trip to Blois/Marolles this year falls in the Easter holidays, hopefully providing a good opportunity for people with children, as well as adults, to go. The age range last year was from 4 to 70+years-old. The weekend is always a fun event. Speaking French is definitely not necessary, but a good chance to improve for those who do.

It will be over the weekend after Easter. The races themselves will be on the morning of Sunday, 8th April. There will be 5 mile and 10 mile races over mixed terrain through the scenic park of a petit chateau, and a 1200m race at the village track for youngsters. The weekend is for runners, family and supporters.

The core trip will be travelling over from Newhaven to Dieppe on the morning of Friday, 6th April and returning either on the 6pm ferry on Sunday, 8th, or, for most people, Monday, 9th. We will be hosted by local runners in their homes. There is therefore no cost for food or accommodation. Normally there is a trip to one of the marvellous Loire Chateaux on Saturday afternoon, a lively social do on the Saturday, and an open-air picnic after the Sunday races.

Past groups have averaged 15-20 travellers from Lewes. We usually car share meaning anyone without transport can get a lift. The only definite cost is the shared car/ferry cost, normally £50-70 per person. Excellent value for a long weekend in the Loire. We cannot take u-16s unaccompanied by an adult. Going on the trip does not mean you are expected to host on the return trip, but many people after going for the first time have been keen to do so.

Anyone interested should speak to either John Coleman or Peter Masters at the track or contact Jeremy or Gilva on 01273 478125 or jeremywainwright@hotmail.com

Equality in running

Those of you that run in the Sussex County Cross country league will know that the women run a shorter distance than the men. There is a growing call for this to change and here Peter Masters asks for your views...

Should women runners run less distances in cross country Races?

This is the question that has often been raised in the past and is currently being asked again. There is now a ground swell of opinions within England that now is the right time to tackle what is seen as gender inequality within cross country running.

A petition calling for the distances to be equalised has so far gathered over 1,600 signatures and that number is rising rapidly. The petition also includes a concern about the message that is being sent to the next generation of athletes. It asks is this part of the conditioning that starts from an early age for young girls not to aim high and not to challenge themselves. Is this is part of an insidious message that keeps girls and women in their place."

The situation is that men and women run the same distances on the track and in road races. I know of no instances where women peel off at 8K when running a 10K race or run only 40K in a marathon instead of completing the full 42K. Within Sussex women runners run the same distance as men in the East Sussex Cross Country League and indeed also run the same distance in the West Sussex Fun Run League.

With regard to Sussex Cross Country League and the Sussex Cross Country Championships there is gender equality in some of the races. The U11 girls and U11 boys and also the U13 boys and U13 girls run the same distance. It is only from the U15 upwards in the league that the distances are different.

There is a similar situation with the Sussex XC Championships. The U11 girls and U11 boys run the same distance as indeed do the U 13 boys and U 13 girls and also the under 17 men and under 17 women.

Clearly it is in the older age groups including the masters' age groups that different race distances apply to men and women. There is the need for a detailed look at the situation in Sussex particularly as it is widely recognised that women have greater endurance powers than men. Just see the results in ultra-running!

As the County is hosting the South of England Cross Country Championships at Stanmer Park this year it is revealing to note that male athletes will run 15 km almost twice the distance of the women's 8 km course.

Looking across the UK it will be seen that the situation is different in Scotland. A rule change in 2016 meant that men and women raced over the same distance (10 km) for the first time last year. Prior to the change in Scotland it was argued that increasing the distance for women's cross country events could put some women off. That didn't happen however as there were record numbers for both men and women

Last year was also the first time at the IAAF World Cross Country Championships that women raced over the same distance as men (also 10 km).

I am putting this brief paper to the Sussex Cross Country Executive Panel for them to closely examine the situation and to take the lead to ensure that Sussex creates gender equality in cross country running. Also to pressure England Athletics to following the lead of Scotland to make cross country course distances the same for both genders.

I would welcome your views. Peter Masters. peter@regenco.me.uk

Jo Buckley is keen to get more athletes involved in competing in track and field events, as she explains...

Track and field season



Although we are still in the midst of training for cross country, half and full marathons, the track and field season is not far off. Lewes Athletics Club teams up with Haywards Heath and participates in a number of leagues, and I wanted to highlight some dates for your diaries.

The Southern Athletics League (SAL) is open to athletes from U17 upwards and is held in different locations in and around the south east. The Vets League is for 35 upwards and held locally in Sussex. Both leagues are a great opportunity for you to compete in a friendly low key environment and try out your sprints, middle distances and maybe have a go at some throws and jumps.

We are really keen to get more of our adults involved in both of these leagues and are happy to organise some training sessions with some of our excellent coaches to help prepare. Maybe try out some events you haven't done for years or just have a go at something new. We will keep you posted on any training sessions and will be in touch with further information about these events soon.

If you have any questions or want more information please contact the team managers.

Southern Athletics League (SAL)

- Saturday 14th April
- Sunday 20th May
- Saturday 23rd June
- Saturday 14th July
- Saturday 18th August.

Team managers

Tim Popkin - timpopkin@gmail.com

Aaron Barnard – aaronharris1984@gmail.com

Jo Buckley – buckleyjojo@hotmail.com

Dates for the Vets League (over 35s)

Wednesday 25th April – Eastbourne track

Monday 11th June – Lewes track

Monday 23rd July – Lewes track

Team managers

Richard Moore - richard@darton-moore.co.uk

Karin Divall - karinalliafas@btinternet.com

And for our younger athletes, the dates for the 2018 Youth Development Leagues are...

Youth Development League – Lower Age Group (Under 13 and Under 15 athletes)

- Match one – Saturday April 21st 2018 – Lewes Track
- Match two – Saturday 19th May 2018 – Lewes Track
- Match three – Sunday 17th June 2018 – Medway and Maidstone
- Match four – Saturday 21st July 2018 – Brighton

Youth Development League – Upper Age Group (Under 17 and Under 20 athletes)

- Match one – Sunday 29th April 2018 – Sutcliffe Park
- Match two – Sunday 27th May 2018 – Erith
- Match three – Sunday 1st July 2018 – Walton
- Match four – Sunday 29th July 2018 – Dartford

Calendar of future events

Feb 2018		
Sun 4 th Feb	Chichester 10K Sussex 10K Champs, and qualification to compete for the England Masters team at the Birmingham 10K. First Harvey Curtis race	http://www.chichester10k.com/home.html
Sat 10 th Feb	Sussex Cross Country League (4) at Stanmer Park	Details and sign up on the sccl lewesac wiki page. Team managers: Helen Sida Helen@sida-uk.org Matt Bradford matt.bradford@harveycurtis.co.uk Dave Leach davebmclewes@gmail.com
Sun 18 th Feb	East Sussex Cross Country at Heathfield Park	Details and sign up on our esccl wiki page Team Manager: David Foster runningfit@lewesac.co.uk
Sat 24 th Feb	English National Cross Country Champs at Parliament Hill, Hampstead Heath London	Dave Leach davebmclewes@gmail.com
March 2018		
Sun 11 th March	East Sussex Cross Country at Pett.	Details and sign up on our esccl wiki page Team Manager: David Foster runningfit@lewesac.co.uk
Sun 18 th March	Hastings Half Marathon First of the 2018 Sussex Grand Prix Races	www.hastings-half.co.uk